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ABSTRACT

This book is a self-reflective guide to exploring the inner self and the difference one can make in the world, especially in the world of work. It encourages and guides persons in finding their purpose in life and how to implement it to realize their potential. The 22-chapter book is organized in three parts around three essential elements of one's "path" through life: "your self," "your world," and "your path." "Your self" includes body, mind, and heart, absorbing the world and making some sense of it. "Your world" is the external world that one encounters through the senses. "Your path" is where the person touches the world--the difference one makes by being there. The book provides numerous exercises and examples in each chapter to lead the reader through the process of developing a signature path through life. (KC)

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